



CMS Southeast Region

Summer 2010 Newsletter

What's Going On This Summer?

The Southeast Region of CMS is proud to present the very first quarterly newsletter. We realize how important it is for our families to be connected and up-to-date with what is going on at CMS, so we have decided to publish a quarterly newsletter. This newsletter will be a great resource for both CMS families and CMS staff by assisting you with staying "tuned in" to what is going on

around the region! The newsletter will include information about prior and upcoming events, highlight healthy tips and delicious recipes, introduce new CMS employees and say "goodbye" to those who are unfortunately leaving us, in addition to much much more! Please check the back page which will always include a calendar with upcoming community events

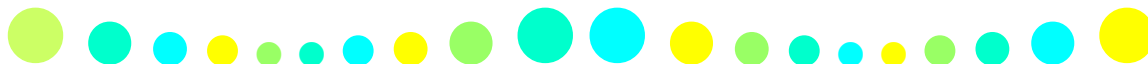
that may interest you!!! Also if there is anything that you would like to see in the newsletters, please contact Maura Callahan at 954.713.1245 and let her know so we can start including that information for you; after all, these newsletters are designed for you!



Volume 1, Issue 1

INSIDE THIS ISSUE

Diapers	2
Care Binders	2
Keepin' it Cool	2
Coming and Going	3
Summer Events	3
Water Safety	4
School's Out!	4
Regional Events	5



Children's Week 2010



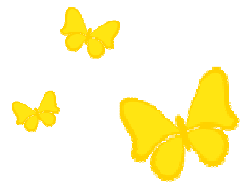
In April the Southeast Region of Children's Medical Services participated in the 14th annual Children's Week. Children's Week is the largest statewide civic education event for children and families in Florida. This year, Children's Week took place April 11th through April 16th. Many CMS offices throughout the state participated in "Hanging of the Hands" events both on a local level and at the Capitol in Tallahassee. The Fort Lauderdale office hung roughly 60 hands, that CMS children traced and decorated themselves, in the Broward Governmental Center during their Children's Week celebration. The hands were then sent to Tallahassee for display in the Capitol. The West Palm Beach and Ft. Pierce offices also participated and sent a combined 85 CMS kid's hands to Tallahassee for the annual celebration that decorates the Capitol rotunda.





Florida Medicaid is now covering disposable incontinence diapers for children with special healthcare needs, ages 4 to 20 through the Durable Medical Equipment Program. Documentation of Medical Necessity, such as a physician's prescription describing the need for incontinence diapers for individuals with chronic incontinence caused by a permanent physical or mental condition, including cerebral palsy and developmental delay is **required**. Initial requests have been filled in approximately 3 to 4 weeks. We are hoping that this time frame will be reduced as procedures become better known and more routine. If you have any further questions please contact your CMS Nurse Care Coordinator.

Introduction of CMS Care Binders!



The Southeast Region is proud to be introducing CMS care binders for all CMS families in the near future! These binders are organizational tools for families with children that have special health care needs. CMS care binders will allow you to keep track of important information about you/your child's health and their care. They will have sections for health care issues, medications and their dosages, surgeries, hospitalizations, doctor appointments, allergies, physicians, community resources and transition information. These binders will be provided to all CMS families **free** of charge. CMS nurse care coordinators, physicians and social workers are happy to assist you in keeping the binders up-to-date if you bring them to appointments, but it is the responsibility of the patient/family to keep information current. We strongly encourage all CMS patients/families to keep the care binders up-to-date. You should strongly consider placing all previous health-related information in your care binder when you receive it. This will allow you to have your entire medical history in one place! Care binders have proven track records and we at CMS truly believe it will make a huge impact on your ability to access your medical records and track your health care. Please keep your eye out for this great tool and as always, if you have any questions or concerns please do not hesitate to ask a CMS staff member!!!



Keepin' it Cool



Summer is a great time to check out some new recipes! There are tons of healthy (and easy!) options that are summer inspired. Check out a couple of your CMS staff favorites!

Creamsicle in a Glass

- 1 (6 oz.) can of frozen orange juice concentrate
- 1 container (8 oz.) of low-fat vanilla yogurt
- 1 cup of skim milk
- 1 tablespoon sugar
- 1/2 teaspoon of vanilla extract
- 3 ice cubes
- Orange slice (for garnish)

Place orange juice concentrate, yogurt, skim milk, sugar and vanilla extract in blender. Process on medium until mixture is smooth. Increase speed to high and drop ice cubes in one at a time. Process until ice is crushed & serve immediately!



Turkey Burgers

- 1 pound ground lean turkey
- 1/2 small onion, finely chopped
- 1/2 beaten egg
- 1 /4 cup fresh finely chopped cilantro
- 1 jalapeno pepper
- 1/2 teaspoon of Dijon mustard
- Salt & pepper to taste
- Olive Oil

Combine all ingredients with the ground turkey in a large bowl and mix well. Shape 4 patties with your hands and lightly coat them with olive oil (prevents sticking during cooking.) Grill/fry the burgers until cooked through. Top with your favorite toppings and condiments and enjoy!



Water Safety

Summer is here and so is the warm weather, trips to the beach, hanging out at the pool and other outdoor water activities! However, these fun activities can quickly turn tragic! Please check out our "Water Watcher Pledge" in the clinic waiting room to help ensure that your children remain safe. Although water can be dangerous, it can also be an enjoyable experience. However, it is important that you are swimming and playing in **safe** water. Do not allow children to swim or play in areas that are not marked "swimming areas" and check for marine life before entering the water. All beaches should have flags posted that will warn beachgoers of any dangerous marine life or dangerous situations. At lakes, streams, canals and other bodies of water, make sure that other dangerous animals are not present. In addition, while participating in outdoor water activities make sure that sunscreen is applied often and that it is water proof. Children should **always** wear sunscreen that is at least 30 SPF! Before allowing your children to participate in any water activities, you should have them look at the Florida Department of Health "My Water Safety Checklist" which can be found in our clinic waiting rooms. This checklist will remind the children, right before they go out to play of safety rules and tips and could help save their life! Lastly, NEVER let a child swim alone and NEVER take your eyes off them while they are in the water!



Drowning Prevention



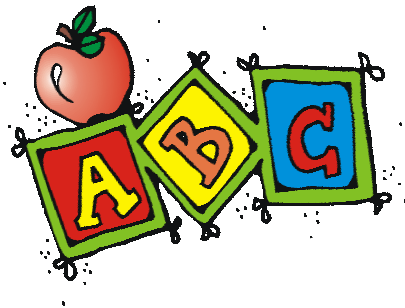
Drowning is the #1 cause of death for children ages 1-4 in Florida. Each year more than 800 children drown. Children around the Southeast Region of CMS are at high risk for drowning as we are so close to the ocean, many lakes, and numerous swimming pools. If you have a residential pool, make sure there is proper fencing around the pool so your child cannot access the pool without an adult. However, it is important to understand that drowning can also happen in bath tubs, hot tubs, and other smaller bodies of water. Please actively prevent drowning by using these five tips to help prevent a child from drowning:

1. Watch your children at all times and have a phone around in the case of an emergency.
2. Never leave a child alone around a body of water.
3. Get certified in child/infant CPR.
4. Enroll your child in swimming lessons.
5. Have your child wear a life jacket when you are boating or participating in other water activities.



School's Out But Not Over!

School is (almost!) out for the summer, but that doesn't mean school's over. This summer try playing some games with your children that are age appropriate and educational! Some great examples are reading books together, counting foods, cooking measurements, family game night, etc. Keeping your child's brain active will help keep them on track for next year. Also,



don't forget that summer time is a great time to get a head start on vaccinations and school check-ups. Make sure that your child's immunizations are up to date, and schedule those annual check-up appointments as soon as possible! If you have any questions about required immunizations or back to school check-ups please call your CMS Nurse Care Coordinator or your pediatrician's office.



Back to School Smiles!



Every CMS kid should return to school this August with a shiny smile! The American Dental Association (ADA) recommends that children over the age of three have their teeth cleaned every six months. Children's Medical Services offers children's dental care through the Broward County Health Department and Nova Southeastern University. The Broward County Health Department offers general services at several locations including Pompano Beach, Hollywood, and two locations in Ft. Lauderdale. These offices are open Monday through Friday from 8 AM to 5 PM. To book an appointment at the office closest to you, please call 954-267-4700 and ask for the dental program. A scheduled appointment is required at the Health Department. The other program that offers dental care to CMS children is through Nova Southeastern University. Nova Southeastern will provide general and specialty care to CMS children at their two facilities in Broward County. The two Nova Southeastern University offices are in Hollywood and Davie. Appointments are also required for dental services at Nova. For any questions about the services Nova offers or to book an appointment at Nova Southeastern University please call Noreen Larumbe at 954-262-2188.

Palm Beach Health Department

1150 45th Street
West Palm Beach, FL 33407
561-514-5300

*Additional locations in Belle Glade,
Delray Beach, Lantana Lakes & Pahokee*

St. Lucie County Health Department

714 Avenue C.
Ft. Pierce, Florida 34950
772-462-3800

Nova Southeastern Locations

Davie Campus

3200 S. University Drive
Davie, Florida 33328

Hollywood Campus

1150 North 35th Avenue, Suite 220
Hollywood, Florida 33021

For Appointments Please Call
954-262-2188



Community Summer Events!



School is almost out and the temperatures are rising! It is finally ☀️ **SUMMER TIME!** ☀️ Summer time brings daily outdoor activities that can at times be unassumingly dangerous. Remember to wear your sun screen, hats and protective eye wear in the sun. After all, a sunburn will ruin the fun! Summer months are notoriously dangerous for dehydration, heat stroke and other heat related illnesses. Make sure to drink plenty of water as you run around outside! Lastly, make sure that children are ALWAYS supervised when they are playing in or around water. The beach, pools, ponds and other bodies of water can quickly turn into danger zones. Children should not be allowed to play in water without adult supervision. It is also extremely important to teach all children how to swim, especially in Florida! **STAY SAFE AND ENJOY YOUR SUMMER!**



Community Events



June

3rd- Children's Services Council Parent Training — "Behavior Problem? No Problem!" Ages 2-5 (6-8PM) at 1735 E. Atlantic Boulevard, Pompano Beach **FREE EVENT! LAST DAY TO REGISTER AT CSCBROWARD.ORG IS MAY 21ST!**

6th- 2nd Annual Autism Resource Fair (10AM) @ 1825 Griffin Road, Dania **FREE EVENT!**

17th- Children's Services Council Parent Training — "Is My Child Meeting Developmental Milestones?" (6-8PM) at 11500 Wiles Road, Coral Springs **FREE EVENT! LAST DAY TO REGISTER AT CSCBROWARD.ORG IS JUNE 11TH!**

July

4th — Fourth of July Spectacular on Fort Lauderdale Beach. All day long. **FREE EVENT!!**

16th — Summer Social at Tree Tops Park. Ages 18+. 3900 SW 100th Avenue, Davie, Florida. Pre-registration reqeued by July 8th. CALL 954-357-8160.

***Additional Community Activities can be found at
<http://www.211-broward.org/specialneeds.htm> **

